Edgar Filing: USANA HEALTH SCIENCES INC - Form 4

USANA HE Form 4 April 28, 20	EALTH SCIENCE	ES INC								
FORM 4 OMB APROVAL UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549 OMB Number: 3235-028 Check this box if no longer subject to Section 16. STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES Expires: January 32 200 Estimated werage burden hours per Estimated werage State of the security of the secure secure security of the secure security of the secure								3235-0287 January 31, 2005 average urs per		
(Print or Type 1. Name and A WOOD TIN	2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]				5. Relationship of Reporting Person(s) to Issuer C (Check all applicable)					
(Last) 3838 WEST	(First) (Middle) LVD		of Earliest T Day/Year) 2006	ransaction		Director X Officer (gi below) E.		% Owner her (specify	
(Street) SALT LAKE CITY, UT 84120			Filed(Month/Day/Year) App _X				Applicable Line) _X_ Form filed by	X_Form filed by One Reporting Person Form filed by More than One Reporting		
(City)	(State)	(Zip)	Tab	le I - Non-l	Derivative	Securities A	cquired, Disposed	of, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution any	Date, if	3. Transactio Code (Instr. 8) Code V	Disposed (Instr. 3, 4	(A) or of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Reminder: Rep	port on a separate line	e for each cl	ass of sec	urities bene	-	-	or indirectly.	ection of	SEC 1474	

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 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number of	6. Date Exercisable and	7. Title and Amo
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	orDerivative	Expiration Date	Underlying Secu
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr.	8)	Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)					
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	An or Nu of
Stock Appreciation Rights	\$ 37.6	04/26/2006		A		30,000		04/26/2007(1)	10/23/2011	Common Stock	3

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
WOOD TIMOTHY E 3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84120			E.V.P. of R and D					
Signatures								
Gilbert A. Fuller, as attorney	0	1/20/2006						

in fact	04/28/2006
**Signature of Reporting Person	Date

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

(1) Stock Appreciation Rights vest 20% annually beginning on the first anniversary of the date of grant.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.